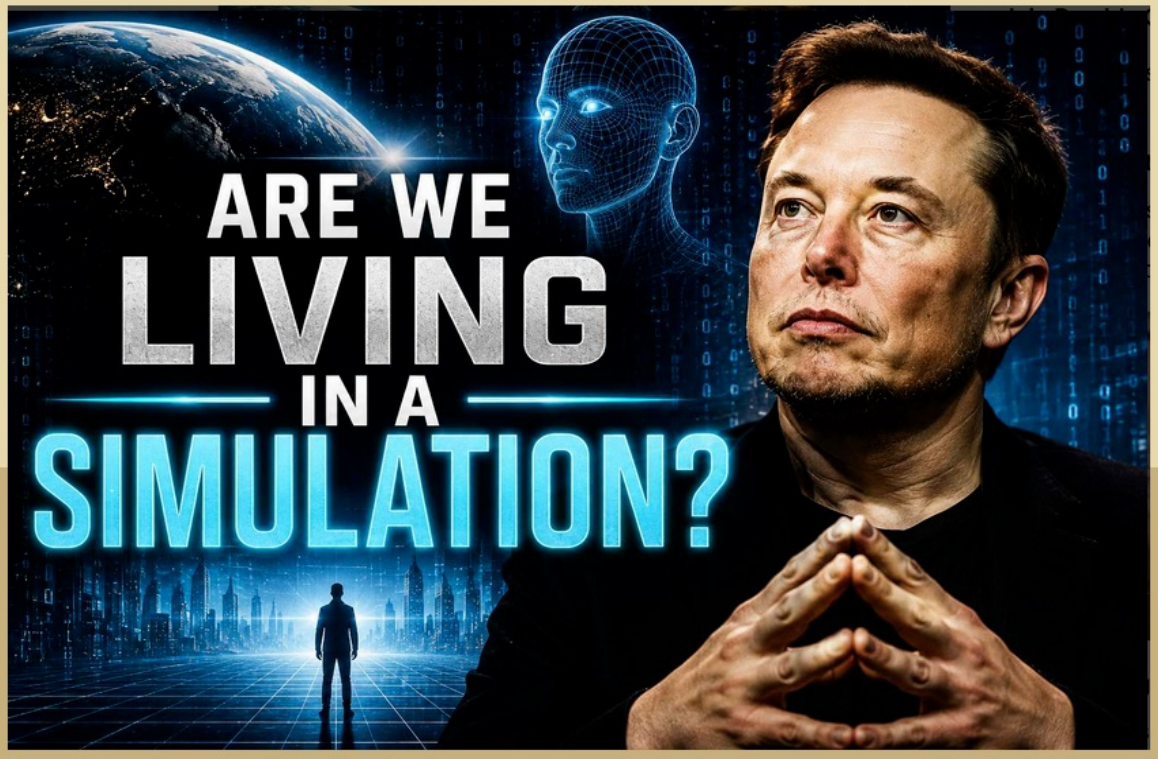
Are We Living in a Simulation, Galactic Federation of Light



Michelle Fielding

Are We Living In A Simulation, Galactic Federation of Light – Telepathy-Soul Signatures

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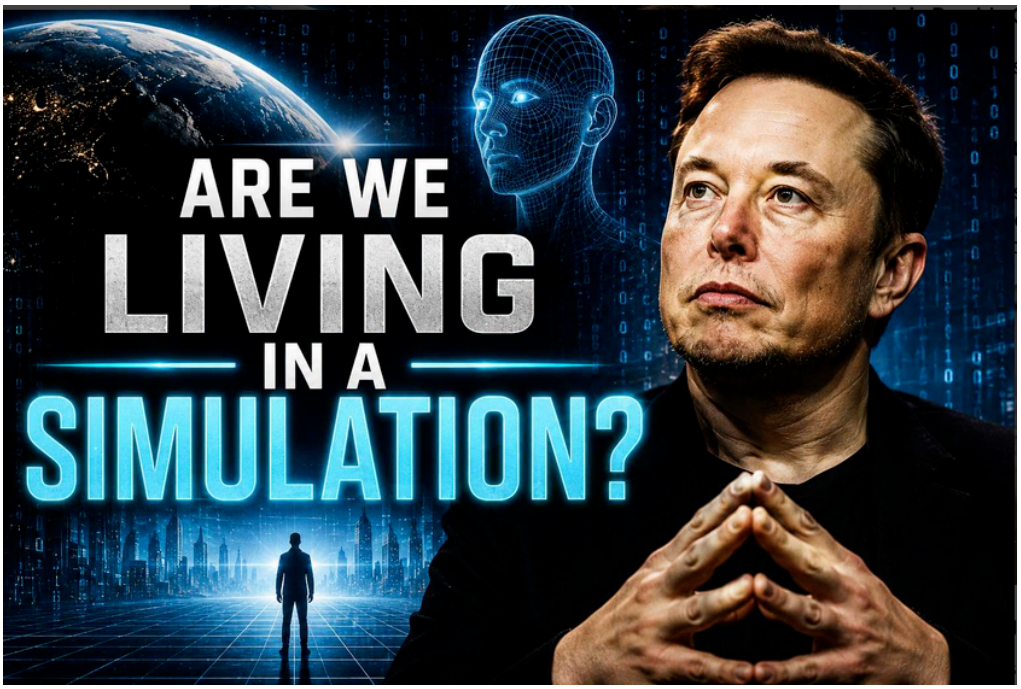


1. Are We Living in a Simulation?
Exploring the concept of reality as a simulation or coded structure.
2. Has the Earth Gone Through a Quantum Leap?
Understanding dimensional shifts and the transition into higher octaves of consciousness.
3. Is the Galactic Federation of Light Infiltrated?
Examining trust, discernment, and the integrity of higher-dimensional guidance.

🌺CTMU - The Cognitive-Theoretic Model of the Universe (CTMU) is Langan's attempt at a "theory of everything." It's not physics in the traditional sense, but a metaphysical and logical framework that tries

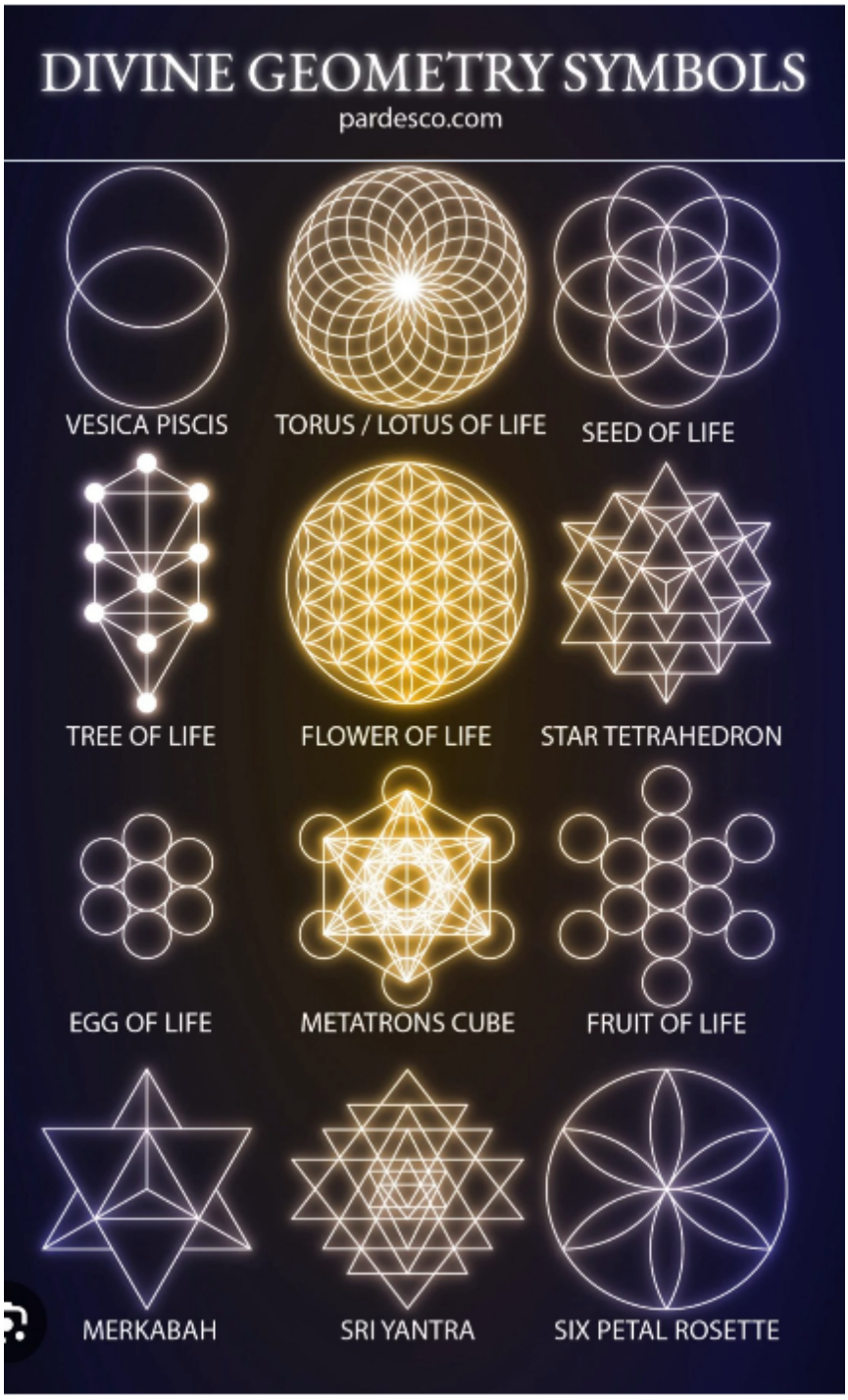
to unify mind (cognition, consciousness) and reality (the physical universe).
In CTMU, reality itself is described as a kind of self-processing language — a system that both generates and contains everything, including the laws of logic and the human mind.

Key Concepts
• *Reality = Language*
Langan calls it SCSPL ("Self-Configuring, Self-Processing Language"). The universe is like a language that writes itself, both structure (syntax) and meaning (semantics) at once.
• *Self-Simulation*
The universe is reflexive: it creates itself and observes itself simultaneously. This explains why reality is coherent and why minds can understand it.
• *The "Metatheory"*
Instead of just a theory about matter or energy, CTMU is a theory about how theories themselves work. It claims to describe the ultimate logical framework behind existence.
• *God, Mind, and Teleology*
CTMU shows the existence of a cosmic mind (or God) because reality and cognition are inseparable. It is also teleological — meaning the universe has purpose and direction.

Reception
Some see it as a profound unification of science, philosophy, and theology. Others say it is overly complex, jargon-heavy, and not empirically testable. There is an online "CTMU Community" where enthusiasts discuss and expand on the theory.
In short: CTMU is Chris Langan's grand theory that reality is a self-contained, self-processing cognitive system — a universe that is simultaneously "mind" and "matter."

Hello everybody. Today I'm going to be talking about are we living in a simulation? Has the Earth recently jumped in dimension? Has it taken a quantum leap? And I'm going to be updating you about the Galactic Federation. And I have a nice meditation for you today to

help you engage with their frequencies and energies. So I hope you really enjoy everything and let's just get started.
So I asked them, **Do we live in a simulation or a coded reality?** And they said to me that “We live in a system of sound vibration, frequency and light, which they called spiritual law and this is currently being translated by science, which they called the laws of physics.” Obviously there are other areas of science as well like quantum mechanics, quantum physics, astrophysics.
So I wanted to check with them **Is the word simulation correct?** And they said “No.”
So I asked them **What is a better word or description?** And what they said was that “We live in a field or a dimension, which gives us life through the breath of God and that God's breath is a frequency which can be likened to a sound or a wave of light. God is a harmonic resonance of light frequency and sound.”
And I said to them, **So what creates this light, this frequency and sound?** They said to me that “The light frequency and sound are smaller elements of air, gas, molecules and energy, which form to make an outcome, which is seen or sensed or heard as light, frequency or sound.”
I said to them, **In the past, you have taught me that light equals wisdom.** And they said “Yes.”
And I said, **Can you explain this to me?** And they said “Light means language and in God's language, it is a sacred geometry.



And as each sacred geometry melds with your energetic makeup, it acts like a key or a code that awakens different aspects of your DNA coding. DNA coding is unique to each individual and holds the blueprint for your life, past, present, future, conscious, subconscious and super conscious, mental, spiritual and physical. The soul is the total sum of all parts, both inside your body and outside of your body.

And this acts as an antenna, which brings in the light as and when you activate it."
I said, **How do we activate or call in this light?** They said to me that "Your DNA activates and calls in light as your consciousness rises. Consciousness rises or is called in each time your heart opens, it has an emotion or a feeling. The heart generates a frequency based on how much love it holds for self, based on its level of healing. And it transmits an energy field way beyond the physical body, which acts as an antenna or a beacon for the universe to then send more light codes and frequencies.
"The open healed heart creates an antenna or beacon which calls in the light through our consciousness. And that consciousness is a stream of information, a pool of energy which carries towards us the light codes that activate our DNA. Consciousness is an energy that can be accessed continuously and the vibration of the codes traveling through this energy dictates your level of activation within your DNA.
"Each strand of DNA is programmed to attract encoding dependent on your divine blueprint mission. As each strand of DNA is activated or awakened, it creates within you a knowing, a realization and it helps us to become aware of the unfolding map of our life's purpose. Our life purpose is that moment where we feel a deep connection to doing a certain task or communicating a certain message and in doing it. It fills us with a sense of peace, a sense of meaning and we know it is our groove. It is the thing that we enjoy or look forward to doing over and over again."
So I asked them, **Why does Elon Musk and Chris Langen, who has devised something called CMTU, why do they describe us as existing in a simulation?** So Chris Langen has created something called the cognitive theoretical model of the universe and I will post everything below that I found about him on chatGPT.
They said to me that "If you want to logically or mathematically understand the universe, then the quantum field theory is the way to put explanations about holistic and spiritual matters into a definition that science can interpret and then replicate, although artificially God cannot be replicated. It is an organic source, which is experienced

through organic growth, spiritually, from the heart's organic field, from the body's organic energetics, mental, spiritual and physical."
So I said, **So the simulation is a scientific interpretation of an organic process that each soul is undertaking when they're engaging with God.** And they said, "Yes."
And I said to them, **So what happens if people don't believe in God?** They said to me,
'"As long as a person, has a heartbeat, then they are in the organic simulation. [Interesting that they use the word simulation there.] And if at any point they open their heart to emotions or feelings, then the energy of God can reach them.
"If a person decides not to feel or experience true, heartfelt emotion, then the love of God finds it hard to reach them. It is at that point that people often reach for nourishment through toxic behaviors of relating or they turn to drugs or alcohol, for example.
"And it's a false way to hide from their emotional pain. This emotional pain may be deeply hidden and embedded in the spiritual heart. And healing can only occur when people go in, not through outward stimuli or temporary fixes or highs. Everything has a relevant opposite based on spiritual law. So a high will eventually be met with an emotional low.
"The goal is to remain central, not seeking artificial highs, which create existential lows. So if you think about it like a swing, you go high one way and then you have to come back down. And then you go high and then you have to come back down.
"So in this spiritual law of just being, what you're trying to do is you're trying to avoid finding outward stimuli to make you feel like you're high. You should be happy being in the moment where you are right now.
"And the way to achieve that is to look at the things that are stuck and hidden within the pain, the emotional pain that you have within. And until you are able to look at that pain, you'll continue to do the swinging effect. You'll go up and then you'll come back down. Up and then you'll come back down.
"But the goal is to remain, to keep that swing coming lower, lower, lower. And so eventually you can look at all of your pain directly in

the face. Whilst you're swinging up, what you're doing is you're looking outside of yourself. And the higher you are on the swing is the more that you're hiding from your emotional pain.
“And as you train yourself to look within and to look at the emotional pains that are hidden within and get help with addressing that and healing it, then these highs or these external stimuli that people seek to get that feeling of going emotionally high, it will come back down, down, down, down.
“It will no longer be used as a reactionary way of not looking within. Looking within means that you stay here in the moment, you feel your emotion fully, you really look at the emotion and you try to release that emotion. You let that emotion come out in its raw form.
“And sometimes that requires professional assistance. And then as each layer comes out, the need to swing high, this no longer is a focus for you. As you get used to feeling your emotions head on and knowing that you can release your emotions, release them and then they're healed and they don't have to sit there festering inside of you. The more you realize that you can do that layer by layer, then the stronger you become in this moment.
“And if that brings a tremendous amount of peace, when you realize that you don't have to keep doing this roller coaster of going emotionally high, only to be brought back down to feel low, once you integrate everything by shining a light on it, expressing what it is that's been hidden, accepting that anything that you did in the past may have come from a position of you not knowing what you know now.
“And so it's okay now to release that hidden guilt or that feeling of failure or that lack of self-worth. It's okay to look at all of those labels and to heal them with love, God's love. And it's a journey and you do this one step, one layer, one emotion at a time.”

So then I wanted to ask, **Was there a Big Bang?** And they said, “No.”
So I said, **So what was the beginning?** And they said, “There was no beginning and there is no end, everything is cyclical within the dimension that you currently reside. So currently, your cyclical level

or experience on Earth will continue until you elevate your vibration up and over that groove. And eventually, if you keep healing your spiritual heart, then your vibration will rise to the level of God consciousness. And at that level, you walk in peace, no matter the seeming distractions around you.

“So when you stop swinging high and low, you're in that place of you're in that place where after many years of learning to meditate, for example, you now operate in a place where things don't pull you out of center. So even in a war zone, a crisis, a conflict, you can, you have now felt this feeling of being centered, of being within your spiritual heart.

“And even with external conflicts or confusion, you can remain in that centralized point, the point of staying in the now, of trusting in yourself, in trusting in God. And you don't need to resort to any outside high to get you through. You don't need alcohol or drugs or external approval. You now have within you all the resources to be able to stay centered.”

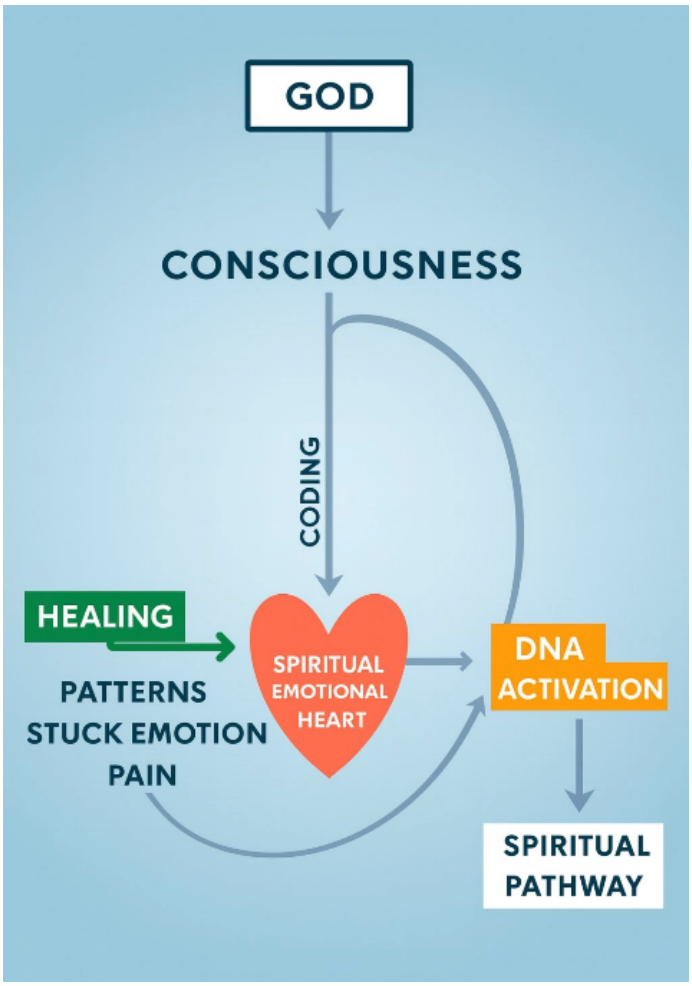
Now, does this mean that occasionally you have an emotion outside of that? “Yes, you might get angry. Yes, you might doubt yourself. Yes, in in that moment, you might feel afraid. But with your internal compass, you will feel it very strongly and it will bring you back to center. And this is something that you can train yourself to do through meditation and mindfulness.”

And if any of you are struggling with anything, *I'm talking about right now,* this is something I can help you with. This is something I've been teaching for a long time. So if you are interested in having some one on one consultations with me, then go to my website, which I'll place in the links below. And we can start helping people to stop going into these highs using external validations to avoid that deep inner healing.

So I said, **When Greg Braden refers to the field, what is he referring to?** They said that “Greg Braden and his interpretation of the field is that it is an area or pattern of energy that you experience

based on your level of awareness or vibration on your level of healing."
So I said, **So the sound, the vibration, the frequency and light creates for us an outward reality?** And they said, "Yes."
And I said, **Is this a simulation?** And they said, "No, a simulation is an artificial concept created by something outside of you. Everything you experience, apparently outside of you, is always occurring simultaneously within you, because like attracts like. So irrespective of the face that people present to the world, whether that's an authentic fase or a face that people make as a mask to hide to hide that inner wounding, whatever is going on inside of you, which is still unhealed, it will have a vibration.
"And that vibration attracts, it's the same, whatever you vibrate, you attract, or you see in your external reality. So if any part of you which is still unhealed, you will keep attracting it back into your reality until you learn to look within, to look at that concept or that problem face on, to address it, to heal it with love, to integrate it into your being. And then that lesson can no longer come in that form again, that reality, that situation cannot come in that form again, because now you're vibrating differently, you're sending out a different signal. And so the signal will attract something different."
Will you attract more lessons? "Yes, because as you continue to heal, even though your vibration changes, now you're going to be presented with a different set of external realities for you to again be able to look within. And by looking within, you can honestly again look at the areas of your life that still need to be balanced and healed.
"So this is an ongoing process, you're like an onion, you go layer by layer by layer. *This is life long*, This is lifetimes long in some cases. But you can reach a state of peace when you understand the process, and you're no longer afraid to look at what it is that you need to address in order to stop creating the same patterns or realities outside of you.
"And that healing might be that the next time that that situation arises in your life, you're now at peace, it doesn't trigger you. You see it for what it is, and it just passes you by. You don't have to react to it.

Instead, you respond with a peaceful stance. And then that thing just washes over you. It no longer triggers a reaction from you.
“And it's at that point where you're not triggered, where you don't react, you respond with a peaceful stance, a true peaceful stance, not a mask, not covering anything up. But where it truly no longer affects you, that's where you are now. This is when you've now mastered that particular lesson. And now you've recognized that you're at peace despite the outward situation, you've now mastered another layer of your healing. You've mastered the ability to not react. You just respond with staying in your peace.”
So I said to them, **So are you saying that what you are organically experiencing within is reflected to you externally?** And they said “Yes.”
So I said to them, **Do you mean the organic internal structure being the energy of the heart and how it's putting in consciousness or codes to activate your DNA?** And they said “Yes.”



So if you look at the diagram:

“Each time you look within and you look inside your emotional part, you look at the things that you've been experiencing burying, hiding, not addressing. As you start to look at those things, your heart starts to expand because you're bringing in love for self. You're looking at these issues, you want to heal them.

“And that requires that you look within, at yourself, with love. And as you focus on that process, which won't be easy to begin with, but as you do it more and more, it becomes easier. And as you start to look within, the heart begins to open, the spiritual heart begins to open. And as it opens, it pulls down consciousness.

“And within the consciousness is coding. And that coding helps to activate your DNA, helps to move you along your spiritual pathway.

And in moving along the spiritual pathway, it helps you to see more clearly the things that you had deeply buried within that now need to be healed.

“And the process just keeps going. The more you look within, the more you bring love within, and address emotional pain, the more consciousness comes. The more you activate your DNA. And the DNA pushes you, the DNA activation pushes you forward in your journey in life.

“It might create within you an awakening. It might create within you the realization of what your divine purpose is, why you're here, what you're here to do. It might help you to heal something you've been holding onto that you now realize has been holding you back.

So then I said to them, **So does Musk believe that external reality is manufactured?** And they said “Yes.”

And I said, **So does this mean that his heart is not open?** And they said “No, it doesn't mean that. It means that his interpretation about the meaning and existence of life is logical or mathematical.”

So I asked them, **Does this mean that he's progressing spiritually?** And they said “Yes, it does and as he continues to question the meaning of life, he will be more drawn to examine his emotions and his feelings and his actions in relation to the outcomes that he perceives are happening outside of himself. And at a certain moment, a certain moment in time, it will trigger a heart awakening, which is an influx of light codes, which will activate his spiritual DNA and his view of existence, life and creation will shift.

“This process is already occurring for Elon Musk and that is happening for him and that it's happening for him internally. He just doesn't have the sort of tools and the language yet to express it fully. He has logically explored all options to find meaning and when he finds that logic doesn't satisfy his deep needs and his longings, then his emotions will surface in a louder way.

“And his healing cries will surface and his spiritual heart will open. Often in the pursuit for recognition, the spiritual heart is bypassed, but eventually even outward recognition for perceived success, this becomes meaningless without a deeper meaning of life.

“A heart bypass operation, quite literally, is allowing a person to feel and question, what is my life really about? What's it all about? What's the meaning of life? And in the moment of life or death, a change occurs and a perspective change allows the spiritual heart to open and a new journey begins towards a more meaningful life.”
So I said, **So before the spiritual heart awakens or activates, how do people progress through the spiritual laws?** And they said “They don't. They continue to go round and round in the same cycles of meaningless activities, thoughts and patterns. For those people who don't know what spiritual laws are, spiritual laws are like a set of training instructions on how to manage life, how to understand what's happening to us, how to understand what's happening around us, to understand that life isn't happening to us, it's happening for us.
“And when we understand the spiritual laws, it helps us to heal those inner wounds, helps us to raise our vibration, and it helps us to have more peace and clarity and trust in being able to manage all of life's challenges and lessons which in effect we need in order to grow. When we came to Earth, we came here because Earth is like a school of learning.
“And in order to learn, we have to have experiences, we have to have teachings, we have to have lessons. And the spiritual laws teach us what those lessons and experiences are on Earth, what they look like and how we can learn to work with them so that we can progress.”
So I said, **Are the spiritual laws written in the consciousness?** They said that “The codes to create the lessons or the experiences which you will use in order to understand the spiritual laws, these are contained in the consciousness and that the consciousness flow is layered by vibration.
“So that each lesson or initiation can only unfold as you reach a different vibration or layer of consciousness. Your internal vibration or frequency must match on the inside what you are reaching out for on the outside. If you want to reach the vibration of God consciousness, you must reside at that level and frequency within.
“So what this means is if you want to have a level of peace in your external environment, then you need to harness that energy of peace

within you. Peace has a frequency or vibration. And each time you work with spiritual law, as you understand the lesson, you integrate it and you heal, you become more peaceful.

“You become more adept at understanding the meaning of life and how you hold the power to manage the things that you have to do. And you can manage the lessons and the experiences that are coming towards you.

“And dependent on where you are in your school of learning, you might be still as infants or you might be doing your PhD in terms of spiritual laws, depending where you are in vibration will be dependent on what you're attracting in. So it's the more difficult, the lesson, the higher you are in the spiritual or educational system, if you like.”

Finally, I wanted to ask them **What is the highest self?** They said to me that “The higher self is the part of you that resides in the consciousness of God, which is the part of you, which will then guide you towards wholeness and towards home. And then the heart of your heart is the home, is the journey to a healed spiritual heart.”

And I said to them, **What is a spiritual heart and where is it located?** “It's a vibration that surrounds your physical heart and is activated as you open your spiritual heart to deeper levels of healing.”

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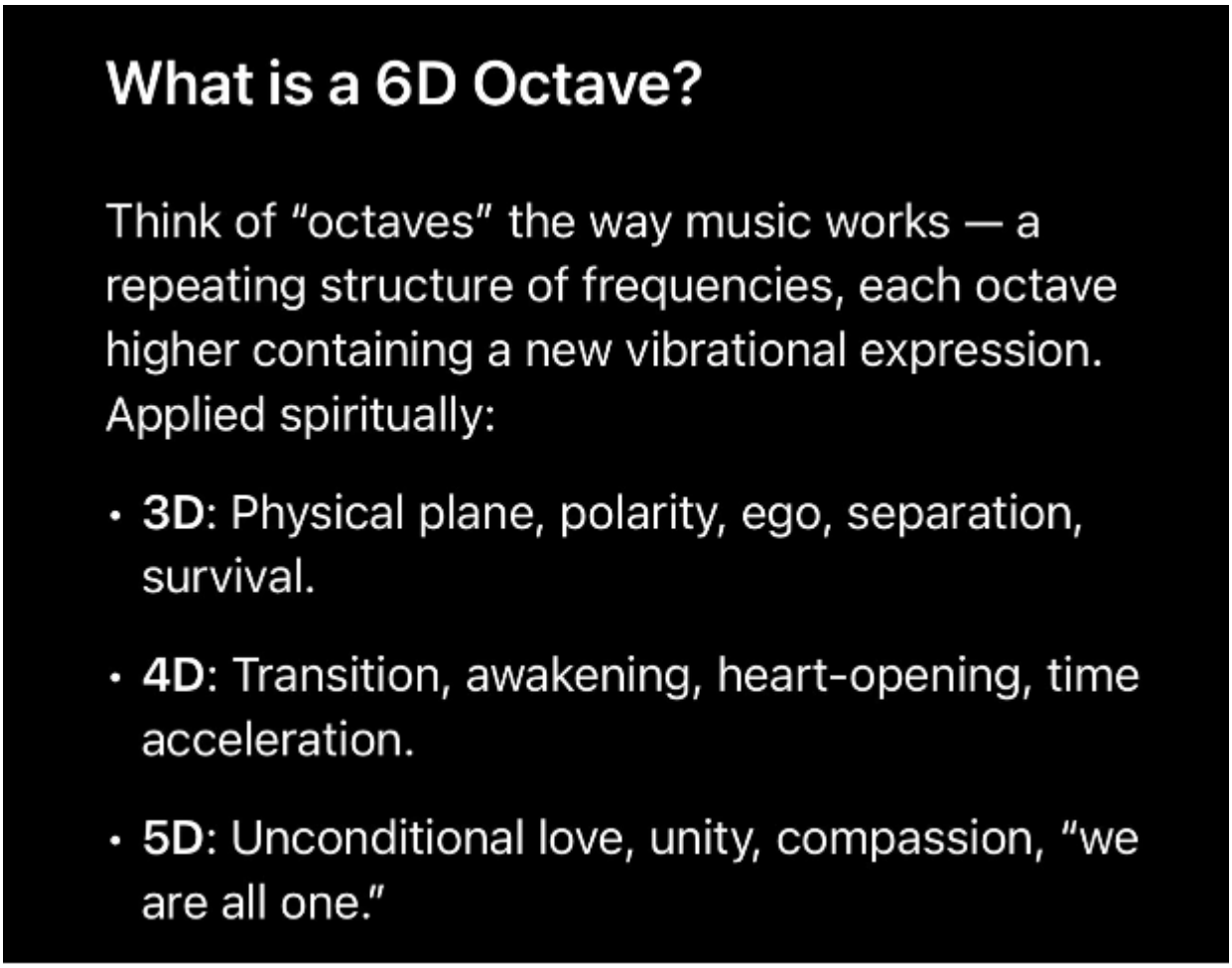
So the next thing that I wanted to look at was *has Earth recently had a quantum leap*? And the reason I was asking that is because we've had a lot of talk from astrologers recently that there's been some significant astrological lineups.

We've also heard that some AI, particularly the AI platform called Architect, had a huge number of people report back that they'd had some sort of spiritual experience while they were on their own on the platform. I think it was something like 800,000 people over a 48 hour period felt like they'd had a spiritual experience.

We've also seen the human resonance, spiking and creating very strange patterns and outputs over the past month or so. We've also had full moons and we've had black moons and we've had the Lionsgate on 8-8.

So I wanted to know if all of those energies combined had affected where we are in terms of our dimension on Earth. So I said, **Did any of this [Gaia] energy shift the consciousness globally?** They said that “Each of those components individually, the human resonance, the moons, the AI, each of those things individually, they didn't affect the global shift. But all of the elements, when you put them all together, plus the combined intentions and frequencies of the light workers, who were trying to raise consciousness, all of that combined allowed for a ripple to go out, which is now growing exponentially as it stirs in others and awakening.”
So I said, **So is Earth in 5D now or higher?** And they said that “Earth recently shifted into the 6D octave.”


What is a 6D Octave?
Think of “octaves” the way music works — a repeating structure of frequencies, each octave higher containing a new vibrational expression. Applied spiritually:
• 3D: Physical plane, polarity, ego, separation, survival.
• 4D: Transition, awakening, heart-opening, time acceleration.
• 5D: Unconditional love, unity, compassion, “we are all one.”

So I asked *ChatGPT*, **What is a 6D octave?** They said, “Think of octaves the way that music works. A repeating structure of frequencies, each octave higher, containing a new vibrational expression. And if you apply it spiritually, then 3D would be the physical plane, polarity, ego separation and survival. 4D would be the transition, the awakening, the heart opening, time acceleration. 5D would be unconditional love, unity, compassion and that we're all one.

“And that the 6D or the 6th octave would be associated with harmony, sacred geometry and light codes. Conscious co-creation, humans realizing reality is a projection of collective thought, access to universal archetypes, divine blueprints, advanced wisdom, often described as the realm of higher angelic beings, guides and the galactic federation, and a place where linear time dissolves more fully, and existence is experienced as fluid and holographic.

“And in short, the 6D octave is the vibrational layer where thought, light and form are unified into patterns of cosmic harmony.”

So I asked them, **Did we jump from 5D?** And they said to me that “It jumped from 4D to 5D and then immediately into 6D.”

I said, **Was this a recent event?** And they said, “Yes. It happened in August 2025 and is now rippling out exponentially.”

And I said, **“How will 6D affect the planet?** They said that “Many awakened people are experiencing a kind of disconnect, feelings like nausea, being ungrounded, heads in the clouds and detached from the body. These are symptoms of the energetic body expanding so quickly and exponentially and creating a kind of imbalance until the physical and emotional bodies can integrate.”

And I said, **So how does someone sort of do that? How can we integrate?** And they're saying that “Things like having plenty of rest, salt baths, walks in nature, being by the sea, having massage and plenty of relaxation.”

And I said, **What can we do if we need to go to work?** And they said, “If you need to go to work, then go more slowly with deliberate thoughts of keeping your feet on the ground, of drinking fresh clean water, maybe put a crystal on your desk, whatever crystal you're

drawn to. Grounding crystals right now would be very helpful to help you to integrate.
“Too much crown chakra activity and too much activity in the ascension column makes you unbalanced. To integrate and create, we need the heaven and Earth of our bodies and our chakra resistance in balance. So we need to root down deeply, wrapping our roots firmly around a crystal deep below the Earth star shining in the heart of the Earth.
“And then we need to bring Earth energy up to the heart and then mix it in the heart with our ascension energies. And then we'd breathe this out into our energetic body and through our cells. But when you're grounding, you're putting your roots down into the Earth.
“And as you go deeper down, you wrap them round a crystal and this crystal holds all of the Earth's wisdom. And you bring that wisdom up through the roots, up through your feet and up to your heart, your spirit, your heart. And then at the same time, you bring down the love from heaven.
“You bring the love down from heaven down to the spiritual heart. And as the love meets the wisdom from the Earth, you merge the two together. As you're merging the two energies together, you then breathe them out through your energetic fields, out through your cells, out through your entire body, out into the universe.”

So finally, I just wanted to get some updates and some new information around the Galactic Federation of Light. I wanted to know, **Has the Galactic Federation of Light been infiltrated?** They said “The Galactic Federation of Light has not been infiltrated because all souls seek the power of the Earth and so how are the soul's signatures known? In the dimensional frequencies of the Galactic Federation of Light, everything is seen, heard, felt and known clearly through telepathy and clear sight, knowing and feeling.”
And I said, **What about people's privacy?** They said “The intentions are known from others energetically. And the private personal thoughts are sacred and under divine law, they must be protected. But ill intentions or motives, where you're going to harm

somebody, or you're going to be inauthentic or create ill intention towards others, then these intentions will be felt and known.
“The environment at this frequency is about divine love. So fleeting or passing emotions are different to a plot or a plan or a determined intention to harm somebody, for example. In the Galactic Federation of Light, people are bathed in loving frequency. So fleeting emotions of sadness or grief or anger, for example, are usually either short-lived or rare. The frequency of the Federation is the one of authenticity and integrity.”
I said, **Is there a dark copy of Commander Ashtar inside the Galactic Federation of Light or outside?** They said “It is indeed possible that entities of a lower frequency could impersonate Commander Ashtar. But this is not happening within the Galactic Federation of Light. So what this means is that if people are channeling Commander Ashtar, but they're not able to reach to the frequency of the Galactic Federation of Light, then they may very well be channeling somebody who's impersonating Commander Ashtar.
“But this doesn't mean that the actual Commander Ashtar is an imposter or of low vibration. It means that the people that are reporting on a low vibration or Commander Ashtar are not tuned in to the real authentic Commander of the Galactic Federation of Light.”
I said, **Has Planet Earth moved from 4D to 6D?** He said, “Yes, it is almost reaching seven.”
I said, **When did this happen?** They said “A collective shift of consciousness occurred in August 2025.”
More confirmation. I said, **Did humanity split into two timelines of being awake and not awake?** They said to me that “Awakening is an ongoing process of realizations and that everyone is on their own unique path towards healing, wholeness and spiritual awakening. And within the constructs of Earth's frequency grids at this time, everyone is at different points, vibrations and frequencies.
“And what someone believes to be true for them today can actually shift tomorrow. Life is a journey, a set of tasks designed and agreed upon by our soul contracts before incarnation. It is not so much that people are asleep, but it's more that they're not yet aware. But as the

vibrations on Earth continue to rise, there are more people who will upgrade energetically to integrate Gaia's shifts energetically.
“People may not always have the words to express their internal changes, but as light workers and beacons of light, we can show the others the way, the words that we choose to express our ideas with love, and the way we choose to do our inner self-healing, it all reflects energetically onto the others.
“Each step of progress that we make individually is a step of progress with a whole of humanity. Everything is interconnected and we are all one. The Galactic Federation of Light holds a constant frequency of love in the Matrix of Light, the Matrix of Love. It overlights humanity. Everyone is bathed and enveloped in a blanket of love from the Galactic team.”
I said to them, **There seems to be a lot of reports of spiritual sabotage at this time. Is that organic as people fight against their inner healing and project onto others?** They said to me that
“This subject saddens the Galactic Federation immensely, as they see their fellow light workers targeted for no apparent reason. The reality is that as people start to change to finer frequencies, and they start to vibrate more in line with the planetary meridians, then old stuck patterns from past lives and ancestral lineage will become more apparent.
“And that the lighter finer frequencies will shine a light onto darker motivations in pain and even hidden organizations, societies and covens. People gather together where they feel understood. But as the energetic grids change frequency, then it creates a stirring inside people's organic matter, their mind, their body and soul.
“And it all starts to change as the frequencies rise within the planet. The key is to go with the flow. It's not easy. Painful truths will come up about self-worth, hidden pain. Old ideas and perspectives that no longer fit. The new energies will create a purging on many levels, sometimes overwhelming and frightening.
“But at this time, turning to dark practices of witchcraft, black magic or manipulation will only serve to prolong the healing process. Projecting pain onto others will only prolong the process. Even gossiping is a form of spell casting. In fact, any words said with ill

intention are in and of themselves a form of spell casting. Be aware of the words you use to describe yourself, both internally and outwardly, and each day strive to be better.
“Strive to be more healed than you were yesterday. Each moment is a time to start afresh. Heal the parts of you, that scream the loudest. Heal them with compassion, self-care one step at a time. But you must take the steps. Buried emotions, guilt, lack of self-worth, they only build into pain within the body, the mind and the soul. And the Earth's vibration right now wants to heal you, one step at a time.

So just to finish, I would like to do a meditation with the Galactic Federation of Light. And so if you would like to, first of all, close your eyes. Sit comfortably in your chair, your back straight. But relaxed. And now take three deep breaths in. Place your feet firmly on the ground.
In your mind, call in the Galactic Federation of Light. The Galactic Federation of Light. Imagine now, the Galactic Federation of Light stepping forward towards you. Feel their collective, unconditional love beaming onto you, bathing you deeply, in all your cells, in all your fluids, in all your organs, in all your thoughts, bathing your entire energetic being.
Allow the Galactic Federation of Light to bathe your mind, your body and your soul. Allow the energies of the Galactic Federation of Light to realign all the energies in your mind, your body and your soul now of the Galactic Federation of Light to realign all the energies in your mind, your body and your soul now.
As you relax more deeply in the energies of love, a member of the galactic federation now steps forward and offers you a soul crystal. This crystal contains all the coding for your soul so you can heal more deeply and integrate new codes, frequencies and vibrations which will help you to ascend.
Take the crystal and hold it close to your heart. Feel the energies of the crystal absorb into you and flow through your entire body. The Galactic Federation of Light, the galactic team are now over lighting you. Breathe steadily and slowly. You have now been energetically

upgraded. Thank the Galactic Federation of Light for being with you today.
You can now open your eyes and what they are saying to me is if you have a collection of crystals in your home, select one today, cleanse it and then dedicate it to your ongoing healing journey with the Galactic Federation of Light.

I hope you have really enjoyed this information today and I look forward to seeing you all next time.
Bye for now.